



3. Erfurter Flughafenlauf

Erfurt / 27.08.2016

Detailed evaluation

Meding, Mirko

Club: Erfurt
Number: 363

Course: 5.00 km
5km Lauf

Category:
Senioren M30 (30-39 Jahre)

Total time: 24:52

Speed: 12.06 km/h
Running performance: 4:58 min/km

Rank in course/Total: 27 (of 61)

Rank in course/Men: 24 (of 42)

Best time in course: 15:13

Rank in category: 10(of 17)

Best time in the category: 15:26

Intermediate times

Stage score

Total ranking

Control	Split	Split	Split	Pos	Behind	Pos	Behind	Total	Total	Total	Pos	Behind	Pos	Behind
	km	Time	min/km	Cat.	Cat.	Men	Men	km	Time	min/km	Cat.	Cat.	Men	Men
Runde	2.50	11:51	4:44	7	4:14	16	4:14	2.50	11:51	4:44	7	4:14	16	4:14
Finish	2.50	13:01	5:12	9	12:55	18	12:55	5.00	24:52	4:58	10	9:26	24	9:39